

My claims are as follows:

1. An apparatus and method allowing a person to describe, through writing or selecting from a list into a database, attributes of emotional or physical significance that to his mind affect his happiness / mood in a manner that can define their personal importance and weight for him, and in the manner that he understands and expresses them.
2. An apparatus and method as claimed in claim 1 that allow a user to provide quantitative, comparative meaning for each of the attributes in an individual manner characterizing the user.
3. An apparatus and method as claimed in claim 2 allowing the user to enter his feeling at a certain time regarding his emotional and physiological attributes (some or all) into the apparatus in a manner that provides for their evaluation and quantification for the purpose of calculating the user's happiness index at the given time.
4. An apparatus and method as claimed in claim 3 for calculating a personal happiness index using an algorithm that processes the personal data defined by he user and calculates the user's personal happiness index. The algorithm processes each of the components according to the user's personal attributes or according to average attributes derived from evaluations and studies by professionals in the field (if the user has not entered personal attributes) and adds or deducts points from the happiness index. The happiness index calculation is performed according to the ratio between: the settings and the ratio between them that the user has defined regarding his emotional character

and physiological needs, and: his definition of his emotional feeling at that time. As noted, if the user states a certain emotional field as being very meaningful and gives that emotion a bad assessment for the reflection at that time, this will cause a significant decrease in the happiness index, whereas a good assessment will cause a significant increase.

5. An apparatus and method as claimed in claim 4 whereby the user can calculate a quantitative index for his feelings and emotions in accordance with his personal data, an index that can be called, as noted, the happiness index or satisfaction index or any other characteristic and suitable name for the user's personal emotional state.

6. An apparatus and method as claimed in claim 5 whereby the said index receives the form of a number of alphabetical value, such as: excellent, good, medium, week, and using these terms, or allowing for the identification of a current state and comparing it to a previous state and the one before, and comparing it to the state of others if they act on the same set of variables.

7. An apparatus and method as claimed in claim 6 for calculating the user's personal happiness index, which is performed based on the evaluation of fulfillment of the user's personal needs.

8. An apparatus and method as claimed in claim 7 providing a user interface for updating the data entered following changes in his feeling and for recalculating the happiness index.

9. An apparatus and method as claimed in claim 8 providing for the receipt of assistance in the form of guidance, advice and assessments from the relationship between the personal database

65 and the advice and guidance pool, and a connection between the
database in the personal application or the database connected by
wireless or landline telephone, By internet or local area network or
non-personal multi-user network.

70 10. An apparatus and method as claimed in claim 9 providing
for the transfer of user data to another user or a group of users for
the purpose of receiving assistance and support or transferring of
assistance or support to others.

75 11. An apparatus and method as claimed in claim 1 providing
for interfacing with the application by sound (voice) and hearing.

12. An apparatus and method as claimed in claim 6 providing
for the entering of data and receipt of feedback in a graphical or
tabular format.

80 13. An apparatus or method as claimed in claim 10 that allow
individuals in a group to calculate the group happiness index.

85 14. An apparatus and method as claimed in claim 13 allowing
individuals in the group to give and receive support from the group
members for improving the collective / common happiness index.

90 15. An apparatus and method as claimed in claim 14 providing
for receipt of feedback from a person specializing in emotional
support of others and receiving the user's details in real time while
directly connected by a landline or wireless communication system
and responding to and guiding the user.

95 16. An apparatus and method as claimed in claim 15 in which
the system is to include a learning component for analyzing and
associating information details that the user enters into the system

and through the connection formed, the effectiveness of the advice and guidance will increase personally for the user.

- 100 17. An apparatus and method as claimed in claim 9 allowing the user to state a name of the emotion he wants to cope with and receive some advice and guidance immediatley to help him cope with his feeling.